

Galina St George

Natural Health Practitioner



I was educated as a linguist at a Far East State University in Vladivostok, worked as a translator for the Russian fleet in the US and New Zealand for some time. I came to live in the UK in 1991 after getting married. I ran an export/import business, worked as a teacher, and also in publishing. I had my daughter in 1996 and decided to train in Massage, from which I went to train in Aromatherapy, Indian Head / Swedish / Sports / Remedial/ Deep tissue/ massages, Manual Lymphatic Drainage, Holistic Facials, Hot Stone Therapy, cupping (application of vacuum cups to promote healthy muscles and any stagnation in the body), cupping massage (strong treatment - excellent for muscular problems), Diet and Nutrition, on-site/chair massage, ear candling, coaching, stress management, Hypnotherapy and relaxation sessions.

Now here is the bit about my other interest, which has become my passion. I went to visit my family in Russia about 3 years ago, and became interested in clays after seeing some grey stuff on my mum's window sill. I asked why she kept cement there, and she laughed saying that the cement was in fact something called 'blue clay', and that it had wonderful therapeutic properties. The businessman who owned the quarry where this clay was mined started his business after his wife's breast cancer was went into a remission thanks to blue clay applications. I am cautious about claims like these, and would not advise on doing a DIY treatment for cancer to anyone. However, I was curious enough to begin researching clays and their healing properties.

What I discovered was fascinating to say the least. I discovered that there are various types of clay, which vary widely not just in colour, but in the mineral content as well, which gives them different therapeutic properties. I also discovered that clays and muds have been used by animal and people to deal with various, including serious, ailments since times immemorial. When animals get sick they instinctively find what is good for them, and clay is one of the most popular substances animals use, with its rich mineral content, natural detoxifying, pain relieving, anti-bacterial, anti-inflammatory properties. The more I read the more I got involved with the subject. I thought to myself - if clay is such a wonderful healer, how come that we have forgotten about it? Unlike medicines, clays work holistically with all the body systems, by stimulating them into recovery. The holistic view is that the body has all necessary resources to heal itself. Clay, like other holistic remedies, and unlike traditional medicines, works with the body not by interfering with the body systems and addressing a separate symptom/s, but by finely tuning the body and stimulating the body systems into recovery.

I began looking for good suppliers of clays. This is how I got in touch with my supplier in Siberia who supplies mineral mud, salt, blue and yellow clays which are used in Russian medical spas for their unique therapeutic and beauty properties. I became so passionate about the products that I

ended up writing a book about them - "Rapan - Beauty through Healing". It can be read [here](#). To read the book, you will require Adobe Acrobat reader on your system. The book is about the use of unique natural clays, mud and salt from an ancient Siberian salt lake, both for health and beauty. My company has been assigned exclusive distribution rights for the products.

The products have been researched by the Siberian Branch of the Russian Academy of Sciences and established to contain up to 5 times more antioxidants than Dead Sea products. They are also very rich in minerals, vitamins and other biologically active substances, which makes them very popular with the medics working at Russian spas. These products are successfully used in Russia in treating a large variety of health problems, such as eczema, psoriasis, dermatitis, arthritis, joint problems, back and muscle pain, digestive, nervous, gynaecological disorders, and many others. The products work holistically by stimulating the body defense systems and mobilising its own resources into recovery.

I use clays regularly myself - both internally (drinking clay water) and externally (baths, compresses, body washes). It is something not widely practiced in the West, but is gaining popularity. Clays have been used by people and animals from millions of years back. They were used to prevent stomach upsets, stop bleedings, disinfect wounds, relieve constipation, reduce swellings. Pregnant women used to eat clay to supplement themselves with minerals. Clay is an amazing substance which detoxifies the body through its ability to attract positively-charged toxic ions (clay particles are negatively charged) and take them out of the body. Clay is also a natural mineral supplement for the body. Due to the same ionic exchange capacity, it gives the body only the substances it needs, no more, no less. A lot of our illnesses happen because of the mineral deficiencies we suffer from, which result from incorrect nutrition, heavy metals which enter our bodies through food, water, air, cosmetics, and also because of psychological stress, and many other factors. Clays will gently remove the heavy metals and other toxic waste and supplement the body with what it naturally requires.

Clays, muds and salts are also wonderful natural cosmetic substances. They work on the skin by purifying it, regenerating cells, improving blood circulation which ensures more nutrients reaching the skin, oxygen gets delivered to skin cells more speedily and the removal of toxins and CO₂ is facilitated. All this brings wonderful results - the skin becomes smooth, soft, pink, glowing, wrinkles get much less visible - skin regeneration takes place. The Siberian clays are simply ideal for beauty treatments. They are also being used in weight loss programmes, due to their ability to speed up body metabolism.

You can read a lot more about the wonders of medicinal minerals on my website www.naturalrussia.com. Many of the articles have been written by me, as well as the book about Rapan - "Beauty through Healing".

I am working on another book on clays, muds, salts, diatomite and zeolite now, and am planning to go further still in this field by developing a series of therapies based on treatments used at resorts/health spas in Russia and worldwide. Creating awareness of the numerous benefits of minerals for health is my main goal as a healer.

I love getting to know people, so welcome questions, feedback and any new ideas. Please write to me on info@medicina-uk.com.